



My HealtheVet

a delegate's view...

What is My HealtheVet?

My HealtheVet is an Internet-based program that helps veterans work better with their health care providers and their family to achieve the best possible health. It will allow them to:

- Get VA information and services online.
- Enter their own health information in a personal and secure section that they control.

- Record and track personal metrics such as blood pressure readings or blood sugar levels.
- Research consumer friendly health care educational information.
- View key portions of their VA health record.

Who has access to a veteran's personal My HealtheVet account?

Privacy and security are important parts of My HealtheVet. Individual veterans will have complete control over who can view or update their My HealtheVet account. Only the individual veteran, (or someone they choose), will decide who has access to their account.

- Veterans will be able to:
- Give full or limited access to their My HealtheVet account to someone else.
 - Share all or some of their information with any health care provider(s) within or outside the VA health care system.

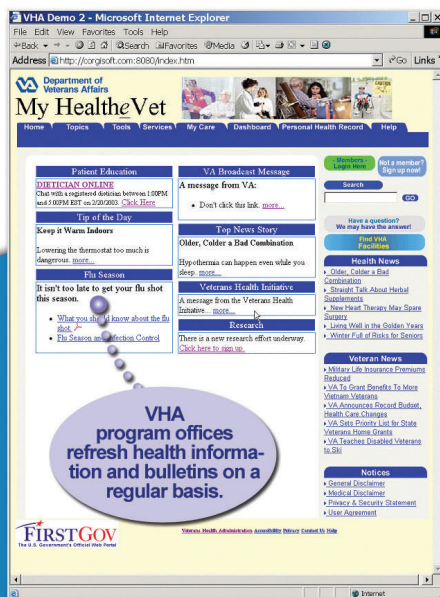
I am a veteran advocate. How can I use My HealtheVet to help the veterans I work with?

Once the VA health record is available (Spring 2004), you can:

- Ask veterans to give you view-only access to their My HealtheVet account so that you can assist them in the claims process. You will be able to see key portions of their VA medical record as well as their self-entered information.

- Encourage veterans to ask their VA doctors to use My HealtheVet to track their health care. By monitoring veterans' self-entered metrics and information that veterans enter from non-VA providers, VA doctors can get a fuller picture of the patient's health, and can identify problems more quickly.
- Tell veterans about the advantages of granting view access to non-VA providers. These doctors will be able to view their patient's VA care and thus give them treatment that compliments it.
- Encourage veterans to allow their family members to access their My HealtheVet accounts. A veteran who is uncomfortable with computers or who is incapacitated can still participate by sharing control of the account with a loved one.
- Use this flyer to inform veterans about the features of My HealtheVet.

My HealtheVet



Features of My HealtheVet

Joining the My HealtheVet program is by choice. My HealtheVet will allow veterans to:

- Read key parts of their VA medical record from any computer with Internet access.
- Add data about their medications, allergies, tests, medical history, and visits to non-VA doctors to their personal section that they control.
- Keep track of their health status by entering their personal health metrics, such as blood pressure readings or blood sugar levels.
- Access a veteran's health education library with medical conditions, medications, health news, and preventive health.
- View health information developed by VA specifically for veterans.
- Use tools such as a prescription checker, health calculators, and self assessment tools.
- Link easily to benefits and resources available in VA and other federal sources.
- Refill prescriptions online.
- View their next appointment date and time, and their total co-payment balance online.
- Give access to all or some of their health information to others, such as VA doctors, other doctors, family, and veteran advocates.

How can My HealtheVet improve veterans' health?

My HealtheVet will give veterans quick access to their health information. They will be able to use it to take a more active role in managing their health care.

With My HealtheVet, they will be able to:

- Learn more about their health.
- Find ways to improve their health and prevent health problems.
- Read parts of their VA medical record from home and refresh their memory of the doctor's instructions.
- Keep all their health information in one place by entering it into their personally controlled account.
- Avoid extra visits to the doctor by giving their doctors access to see the daily metrics - such as blood pressure, blood sugar, weight, and pulse - that they have measured at home and recorded in My HealtheVet.
- Avoid treatment delays if something is wrong. If the doctor sees anything worrisome in their self-entered metrics, he/she can ask them to come in without waiting until their next scheduled appointment.
- Improve their total care by sharing their data with all their doctors - both VA and outside.
- Let veteran advocates, such as veteran service officers (VSOs), see their record in order to assist them in the claims process.

Where Can I See It?

Veterans are participating in a **pilot** at VA Medical Centers in Tampa; Bay Pines; Washington, DC; Portland, OR; and upstate New York.

To log in to the **pilot** as the test patient, go to:

<http://www.health-evet.va.gov/>

Username: demouserb

Password: password_\$1

Ongoing patient feedback from the **pilot** is being used to identify and build features for the **national release**.

The **national release** will look quite different than the **pilot**, and will offer more features. A content demo is available at:

<http://www.acs-fhc.com/mhev/>

What's next?

My HealtheVet



Veteran can enter metrics (BP, Blood sugar) and track progress.

Veteran can request key portions of VHA health record, store securely in encrypted eVault, & share with care providers.

Personal Health Record will be available in My HealtheVet Phase 4 (Spring 04).

Four releases are planned:

- **Summer 2003**—A web page with VA-developed information, a health education library, and self-assessment tools
- **Fall 2003**—Prescription refill and self-entered data (except self-entered metrics)
- **Winter 2004**—View total co-payment balance, view next scheduled appointment, and self-entered metrics
- **Spring 2004**—VA health record data

Summer 2003
VHA Office of Information
Department of Veterans Affairs

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